

Risk management made easy!

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With operations tempo at an all time high, finding time to workout can be difficult. Time to workout has to be carved out of an otherwise busy day. In Pacific Air Forces, there are a lot of people using their few spare minutes to exercise, and that's great — just make sure it's done safely.

Here are some points to keep in mind when you exercise. When you jog, do you jog on the road with your back to the traffic? Do you jog at night in dark clothes? Do you jog with headsets on? Do you ride a motorcycle in a short sleeve shirt? Do you drive faster than 15 mph in base housing?

If you answered yes to any of the questions above, then you need to read further about personal risk management. I have actually seen people (many people) jogging at night, in dark clothing, on the road, with their back to traffic, some while wearing headsets. It is obvious these people have not applied risk management principles to their daily lives.

You may have heard about ORM — Operational Risk Management — and assumed it only applied to you at work. Risk management is not just for on duty. If you are not thinking about risk manage-

seeing obstacles in your running path. When you jog at night in dark clothes, you now have cars traveling much faster than you who can't see you. If the automobile driver who can't see you is blinded by an oncoming vehicle and doesn't avoid you (because they can't see you), you end up the loser.

Wear reflective clothing at night, so automobile drivers will see you easier and sooner. If you must jog on the road, instead of a jogging path, jog facing the traffic so you will be able to avoid a car who is not going to avoid you.

It would also be a good idea to leave the headsets and music at home if you will be jogging on the road. That way you will hear oncoming vehicles early enough to take evasive action if needed.

You can apply the same thought process to make sure you do other pedestrian activities safely. Wear helmets and protective pads for skateboards, rollerblading, etc. Use off-road paths where available. Don't do these activities in high traffic roadways. Wear bright/reflective clothing if you will be in or near automobile traffic. If you need to cross roadways, use crosswalks. And remember, many drivers you think see you — may not. Whenever you are near roads, watch

This required safety gear serves to help protect your body from serious injury if an accident is unavoidable. If you think you are immune from an accident, think again. This past fiscal year, PACAF experienced six Class C two-wheeled mishaps, one Class B two-wheeled permanent partial disability, and one Class A two-wheeled fatality. In the previous fiscal year, PACAF had two motorcycle fatalities, and PACAF's Class C two-wheeled injuries were up to 17.

As a motorcycle rider myself, when I read the reports, the only things that kept a lot of the Class C motorcycle accidents (injury and lost duty time) from being Class A accidents (death or paralysis) were luck and the fact that most people were wearing their protective gear. Using common sense and personal risk management will help make you more visible to the automobiles on the road and protect your body in case of an accident.

Personal risk management is important because — You Are Important! Your family wants you safe and healthy. There are enough tragedies in our day-to-day lives without adding some due to our own personal negligence. Second, the Air Force needs you healthy and ready to respond at a moment's notice. Last, you are a role model. The example you set will let others know the cor-

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ment and how it applies to you off duty, then you are risking injury to yourself and those people around you.

Until now, most safety rules for joggers and pedestrians were limited to the common sense rules your parents taught you as a child. AFI 91-207 (1 Oct 95), *The US Air Force Traffic Safety Program*, deals mostly with motorcycle and automobile safety.

Jogging at night is dangerous enough when you have trouble

out for the inattentive drivers. They could ruin your day.

For those of you who drive motorcycles (and motor scooters or mopeds), you have a double dilemma. You travel fast enough to be a threat to all the pedestrians, but you are small enough that any four-wheel vehicle is a threat to you. Always wear approved safety gear — helmets, goggles or full-face shield, long sleeves, long trousers, gloves, and sturdy footwear.

rect way to react to personal risk management. Besides your friends and coworkers, there are a lot of children watching you. The things they see you do in an on-base environment, they will try in an off-base environment.

So, those common sense rules your parents taught you as a child still apply. Think of personal risk management as using common sense. You can apply it to any activities you participate in. Remember this — Mission First, Safety Always. ►